

What's For Dinner: Family Time



As families are even busier these days, it is even more crucial that they take the time to sit down at the dinner table together. Not only does this benefit the child nutritionally, but also developmentally by making it easier for them to focus in school and easier for them to achieve those good grades.

Fast Facts: Benefits to Family Dinners



- 1 The average parent spends 38.5 minutes per week in meaningful conversation with their children.
- 2 Restaurant meals account for 60% more calories than home-cooked meals.
- 3 Frequent family meals are associated with a lower risk of smoking, drinking and using drugs.
- 4 Kids who eat most often with their parents are 40% more likely to say they get mainly A's and B's in school than kids who have two or fewer family dinners a week.
- 5 Family dinners are more important than play, story time, and other family events in the development of vocabulary of younger children

Facts from <http://dinnertrade.com/568/interesting-statistics-on-family-dinners>

Importance of Family Dinners

- Children who regularly eat dinner at home with their families are less likely to be obese.
- Have strong parental relationships
- Healthy meals equals healthy kids
- Children are less likely to become depressed
- Better focus in school and achieve better grades
- Give children a sense of security and togetherness
- Creates a window for active communication
- Parental stress reliever
- Provide children portion control
- Creates an opportunity for children to try new foods

Family Activities

- Encourage your children to eat dinner: involve them in the process. Cook with them.

- A crockpot is a easy, great alternative. For ideas, visit <http://www.crock-pot.com/recipes.html>

- You can also play games with them at the dinner table.

Game ideas include:

1. The Alphabet game
2. I-Spy
3. You can even create your own story.

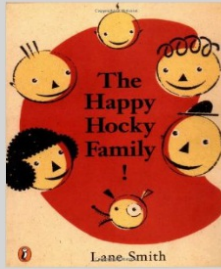
- Lastly, there's always the option of asking them what types of game they know and have them teach one to you.

For more examples or descriptions of how to play these games, visit <http://thefamilydinnerproject.org/4week-program/support/games-and-activities/>
<http://kidshealth.org>

For more info visit our community partner's website at <http://www.weewisdomkids.com/parent-portal/>

Books and Websites for Children

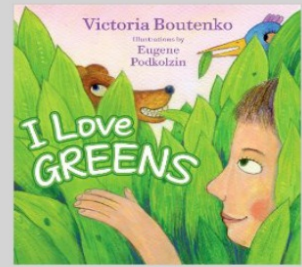
The Happy Hocky Family
By Lane Smith



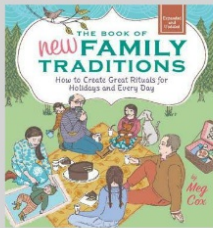
The Little Kids' Table
By Mary Ann McCable Riehle



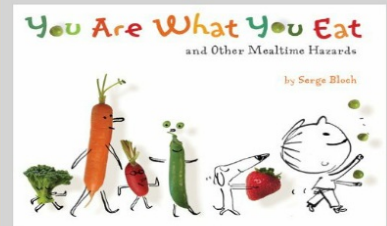
I Love Greens
By Victoria Boutenko



*The Book of New Family Traditions:
How to Create Great Rituals for
Holidays and Every Day*
By Meg Cox



You Are What You Eat
By Serge Bloch



For more fun and information, visit
these websites:

<http://www.wondergroveplay.com>
<http://www.kidsinthehouse.com>

<http://thefamilydinnerproject.org/4week-program/support/games-and-activities/>

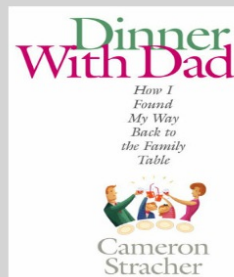
For more book ideas, visit:
<http://www.dinneralovestory.com/summer-reading-list-george-saunders/>

Books and Websites for Parents

The Family Cooks
By Laurie David



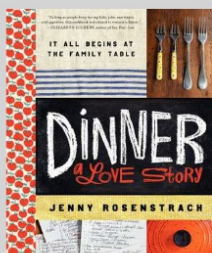
*Dinner with Dad: How I Found My
Way Back to the Family Table*
By Cameron Stracher



*The Family Dinner: Great Ways
to Connect with Your Kids, One
Meal at a Time*
By Laurie David



*Dinner: A Love Story: It All
Begins as the Family Table*
By Jenny Rosenstrach

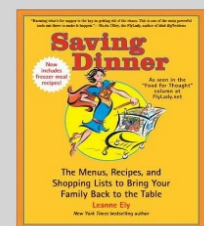


For more ideas and information, please
visit these websites

<http://www.ahaparenting.com/parenting-tools/family-life/dinner-connected-family>
<http://www.theparentkit.com>

<http://thefamilydinnerproject.org/4week-program/support/games-and-activities/>
<http://kidshealth.org>

Saving Dinner
By Leanne Ely



Provided by:

Families for Forward Thinking
<http://www.weewisdomkids.com/parent-portal/>



April 2016